

Summer is Prime Time for Risk of Infection from the Waterborne Parasites *Cryptosporidium* and *Giardia*

Osteoporosis, a disease characterized by low bone mass, leaves bones fragile and susceptible to fracture. More than half a million Washington residents have the disease and sustain an estimated 30,000 fractures a year. Osteoporosis affects 20–50% of women and up to 25% of men 50 years of age and older. Nevertheless, osteoporosis is not a normal part of aging and is largely preventable through a health lifestyle and for postmenopausal women, hormone replacement therapy. Clearly, prevention and treatment opportunities are being overlooked.

Prevalence

Data about osteoporosis are scarce because the disease is not readily diagnosed or reportable. Hip fractures have been useful in monitoring osteoporosis for the following reasons:

1. Osteoporosis is a contributing factor to most hip fractures among persons 65 years of age and older.
2. Persons with hip fracture associated with osteoporosis are similar to others with osteoporosis with respect to age and gender.
3. Hip fractures almost always require hospitalization and thus can be identified and counted through hospital discharge data.

Hip fractures are one of the most disabling conditions associated with osteoporosis. Data from special studies reveal that 50% of persons who have had such a fracture will be unable to walk without assistance, 25% will require long-term residential care, and 10–20% will die within six months. It is unclear, however, what proportion of the morbidity/mortality is due exclusively to the hip fracture or to a comorbid condition.

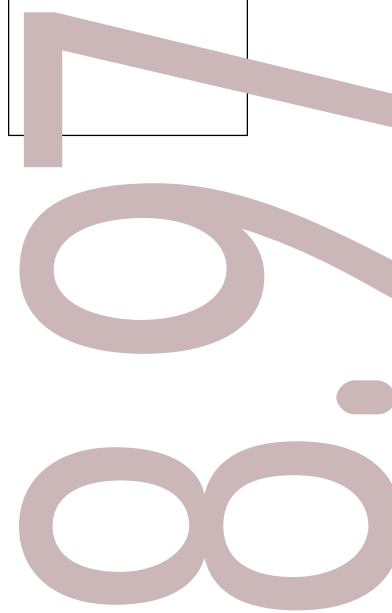
According to the state CHARS* data system, 4,504 Washington residents 65 years of age and older were hospitalized with a hip fracture in 1994, a rate of 729 cases per 100,000 population in this age group, and an increase of 3.3% over the rate for 1990. Women aged 65 and older were more than twice as likely as men in that age group to have been hospitalized with a hip fracture (956 per 100,000 vs. 418 per 100,000). The rate among persons 85 years of age and older was more than five times higher than the rate among persons 65–84 years of age (489 per 100,000 vs. 2753 per 100,000). Hip fractures among residents aged 65 and older resulted in \$50.6 million in hospital charges in 1994.

Estimates based on Washington State demographics and work by Peck and colleagues (1988) suggest that in 1995 between 555,200 and 654,000 residents had low bone mass or osteoporosis. Although hip fracture is one of the most severe outcomes associated with this disease, fractures also occur at other sites. Demographic data for 1994 and results from a study by Riggs and Melton (1995) led to estimates of about 14,000 vertebral fractures, 5,000 distal forearm fractures, and 6,000 fractures at other limb sites, in addition to the 4,500 hip fractures during 1994. As Washington's population expands in the group aged 65 and older, the number of persons with osteoporosis and the associated fractures is also expected to increase.

Prevention

Prevention of osteoporosis is a lifelong endeavor aimed at reducing risk factors associated with the disease (table). General

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Parasites *(from page 1)*

prevention strategies include:

- A balanced diet with adequate calcium and vitamin D intake throughout life
- Weight-bearing physical activity performed regularly throughout life
- Hormone replacement therapy for eligible postmenopausal women
- Fall prevention among the elderly
- Education across age groups to modify lifestyles, identify the disease early, and reduce risks of fractures.
- Education regarding smoking cessation and decreasing alcohol intake
- Access to screening and intervention services.

Washington State has no coordinated public health osteoporosis prevention and education program or funding. However, a number of public and private organizations and individuals (including Group Health Cooperative of Puget Sound, the Washington State Dairy Council, and the Northwest Geriatric Education Center) are involved in prevention efforts. For more information or to receive a copy of "Osteoporosis: Public Health Strategies for Education, Prevention, and Treatment in Washington State," contact the Washington State Department of Health at (360) 753-4102.

*The Washington State Comprehensive Hospital Abstract Reporting System (CHARS) covers inpatient stays at nonfederal acute care hospitals.

Recommen

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New Guidelines Issued for Type 2 Diabetes Testing

ded Reading

Peck WA, et al: Research directions in osteoporosis. *Am J Med* 1988; 84:275-282.

Riggs BL and Melton LJ: The worldwide problem of osteoporosis: Insights afforded by epidemiology. *Bone* 1995; 17:505s-511s.

TABLE. Risk factors for osteoporosis

Internal Factors	External Factors
Female	Low calcium diet
Small thin body frame	Anorexia nervosa or bulimia

Monthly Surveillance Data by County

July 1997* – Washington State Department of Health

County	E. coli O157:H7	Salmonella	Shigella	Hepatitis A	Hepatitis B	Non-A, Non-B Hepatitis	Meningococcal Disease	Pertussis	Tuberculosis	Chlamydia	Gonorrhea	AIDS	Pesticides†	Lead\$#
Adams	0	0	0	0	0	0	0	0	1	3	0	0	2	0/0
Asotin	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Benton	0	0	0	2	0	0	0	1	1	30	1	1	5	0/22
Chelan	0	1	0	0	0	0	0	0	0	7	0	0	2	2/7
Clallam	0	0	0	0	1	0	0	0	0	4	0	0	2	0/0
Clark	0	0	0	0	1	2	0	3	0	37	1	1	0	0/#
Columbia	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Cowlitz	0	1	0	0	0	0	0	0	0	6	0	1	1	0/7
Douglas	0	1	0	0	0	0	0	0	0	5	0	0	0	0/0
Ferry	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Franklin	0	0	1	0	0	0	0	0	0	10	3	0	7	0/#
Garfield	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Grant	0	0	0	0	0	0	0	1	1	23	2	0	6	0/0
Grays Harbor	0	0	0	1	1	0	0	1	0	5	0	0	0	0/5
Island	0	0	0	0	0	0	0	0	0	5	0	0	0	0/0
Jefferson	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
King	0	13	3	2	0	0	0	2	10	225	74	20	10	2/33
Kitsap	1	2	1	2	1	0	0	0	2	40	8	0	1	1/17
Kittitas	0	1	0	1	0	0	0	0	0	3	0	1	1	0/0
Klickitat	0	0	0	0	0	0	0	0	0	4	0	0	1	0/0
Lewis	0	0	0	0	0	0	1	0	0	7	2	0	1	0/0
Lincoln	0	0	0	0	0	0	0	0	0	1	0	0	0	0/0
Mason	0	0	0	0	1	0	0	0	0	7	1	2	1	0/#
Okanogan	0	0	1	0	1	0	0	1	0	4	0	1	2	0/0
Pacific	0	0	1	0	1	0	0	0	0	4	0	0	1	0/0
Pend Oreille	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Pierce	2	6	2	2	1	1	1	1	5	125	36	2	2	1/108
San Juan	0	0	0	1	0	0	0	1	0	1	0	0	0	0/0
Skagit	0	1	0	3	0	0	0	0	0	8	1	1	0	0/7
Skamania	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Snohomish	3	8	1	4	0	0	0	0	2	82	12	2	1	0/12
Spokane	0	3	0	9	0	0	1	9	0	48	10	5	6	2/24
Stevens	0	0	0	1	0	0	0	0	0	3	0	0	0	0/#
Thurston	0	4	0	2	0	0	0	2	1	17	1	0	0	0/9
Wahkiakum	0	0	0	0	0	0	0	0	0	0	0	0	0	0/0
Walla Walla	0	0	0	8	0	0	0	0	0	8	0	0	0	2/15
Whatcom	0	0	0	3	0	0	0	0	0	25	1	2	1	0/7
Whitman	0	1	0	6	0	0	0	0	0	0	0	0	1	0/1
Yakima	0	3	2	13	1	0	0	1	4	41	2	2	8	1/18
Unknown														0/1

Current Month	6	45	12	60	9	3	3	23	25	788	155	41	62	11/298
June 1996	6	63	13	46	7	6	8	43	15	737	133	37	62	10/347
1997 to date	23	281	100	280	39	14	52	182	146	4602	965	333	159	68/2039
1996 to date	18	270	106	282	53	32	54	182	129	5021	1098	352	194	77/2299

* Data are provisional based on reports received as of June 30, unless otherwise noted.

† Unconfirmed reports of illness associated with pesticide exposure.

\$# Number of elevated tests (data include unconfirmed reports) / total tests performed (not number of children tested); number of tests per county indicates county of health care provider, not county of residence for children tested; # means fewer than 5 tests performed, number omitted for confidentiality reasons.

Goodbye Joe *(from page 1)*



WWW Access Tips

For more information on the tobacco industry settlement, visit the attorney general's web site at: <http://www.wa.gov/ago/>

Questions? Comments?

Contact the editors at the address on the mailing panel or by email at function@u.washington.edu

"Bone Appetit" — Conference on Osteoporosis Prevention

Date: September 18, 1997 Location: Shoreline Conference Center, Seattle

This conference for health care providers will emphasize the role of diet, hormones, and exercise through the lifecycle and will offer practical "take home" strategies to prevent this disabling disease. Organizational sponsors include the Washington State Dairy Council. For information call (206) 447-9538.

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